



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

Detailed evaluation

Fischer, Alex

Total time: 3:02:00

Club: Herner Triathlon Team 11

Number: 395

Course: 55.40 km

Rank in course/Total: 60 (of 86)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 52 (of 69)

Best time in course: 2:15:45

Category:

Rank in category: 10(of 12)

Senioren 3 (50-54 Jahre)

Best time in the category: 2:27:55

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.40	31:21	22:23	10	6:18	54	10:34	1.40	31:21	22:23	10	6:16	2	4:17
Wechsel S -> R	-	3:07	-	8	1:07	49	1:47	1.40	34:28	24:37	10	7:23	2	5:06
Schwimmen Total	1.40	34:28	24:37	10	7:23	2	5:06	1.40	34:28	24:37	10	7:23	2	5:06
Rad netto	44.00	1:35:03	2:09	11	20:24	53	23:02	45.40	2:09:31	2:51	10	27:47	2	9:57
Wechsel R -> L	-	2:12	-	10	1:01	56	1:21	45.40	2:11:43	2:54	8	28:48	15	
Rad Total	44.00	1:37:15	2:12	11	21:25	53	23:44	45.40	2:11:43	2:54	8	28:48	15	
Lauf	10.00	50:17	5:01	11	6:36	50	13:04	55.40	3:02:00	3:17	10	34:05	52	46:15